

PE Department Curriculum Map – A level PE – OCR 2021-23

1		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 12	<p><i>Physiology and anatomy (TW)</i></p> <p><i>Thursday lesson 3 + 4</i></p>	<p><i>Week 1- skeletal system</i> <i>Week 2- joints and planes of movement</i> <i>Week 3- muscular system</i> <i>Week 4- movement analysis</i> <i>Week 5- cardiovascular system</i> <i>Week 6- cardiovascular system</i> <i>Week 7- assessment . Respiratory system</i> <i>Week 8- Target Time/Aspiration lesson</i></p>	<p><i>Week 9- 10 respiratory system</i> <i>Week 10- respiratory system</i> <i>Week 11- Diet and energy balance</i> <i>Week 12- Ergogenic aids</i> <i>Week 13- physiological aids</i> <i>Week 14- mini assessment</i></p>	<p><i>Week 15- Target Time/Aspiration lesson</i> <i>Week 16- RE-cap skeletal system</i> <i>Week 17- RE cap muscular system</i> <i>Week 18- RE cap cardio system</i> <i>Week 19- RE cap respiratory system</i> <i>Week 20- assessment and feedback</i></p>	<p><i>Week 21- Energy systems</i> <i>Week 22- Energy systems</i> <i>Week 23- Energy systems</i> <i>Week 24- Energy systems</i> <i>Week 25- Energy systems</i> <i>Week 26- Assessment</i></p>	<p><i>Week 27- Target Time/Aspiration</i> <i>Week 28- altitude effects and training in heat</i> <i>Week 29- key topics TBC</i> <i>Week 30- key topics TBC</i> <i>Week 31- key topics TBC</i> <i>Week 32 - Assessment</i></p>	<p>Week 33 – periodisation Week 34 – periodisation Week 35 – revision. Week 36 – assessments Week 37 - assessments Week 38 – Periodised training Week 39 – Periodised training</p>
	<p><i>Sports Psychology (RH)</i></p>	<p><i>Week 1- Introduction/ Skill and Ability</i> <i>Week 2- classification of skills</i> <i>Week 3- Types and methods of practice</i> <i>Week 4- Transfer of skills</i> <i>Week 5- stages of learning and theories of learning</i> <i>Week 6- Types of practice</i> <i>Week 7- mini assessment and types of guidance</i></p>	<p><i>Week 8- types of feedback</i> <i>Week 9- Memory models</i> <i>Week 10- Memory models</i> <i>Week 11 - Personality and attitudes</i> <i>Week 12 – Personality and revision</i> <i>Week 13 - mini assessment and attitudes</i></p>	<p><i>Week 15- Target Time and arousal</i> <i>Week 16- Arousal and anxiety</i> <i>Week 17- Aggression and social facilitation</i> <i>Week 18- social facilitation and group/team dynamics</i> <i>Week 19- revision and mini assessment</i></p>	<p><i>Week 21- Target Time/goal setting</i> <i>Week 22- Attribution and confidence and self efficacy</i> <i>Week 23- confidence and self efficacy and revision</i> <i>Week 24- Leadership in sport</i> <i>Week 25- Stress management</i> <i>Week 26- revision and mini Assessment</i></p>	<p><i>Week 27- Target Time and periodisation</i> <i>Week 28- periodisation</i> <i>Week 29- Strength training</i> <i>Week 30- Strength training</i> <i>Week 31- Strength training</i> <i>Week 32- Revision</i></p>	<p><i>Week 33- flexibility training</i> <i>Week 34- flexibility training</i> <i>Week 35- revision</i> <i>Week 36- Assessments</i> <i>Week 37- Assessments/TT</i> <i>Week 38- impacts of training on lifestyle diseases</i> <i>Week 39- impacts of training on lifestyle diseases</i></p>
	<p><i>Contemporary issues in sport (TW)</i></p> <p><i>Monday 5</i></p> <p><i>Physiology and anatomy (TW)</i></p>	<p><i>Week 1: introduction to the course overview and preindustrial sport</i> <i>Week 2: Pre-industrial sport and post industrial sport</i> <i>Week 3: pre-industrial sport</i> <i>Week 4: post industrial sport</i> <i>Week 5: post-industrial sports</i> <i>Week 5: 19th Century public schools</i> <i>Week 6: Mini assessment 19th century</i></p>	<p><i>Week 7: Target time / 19th Century public schools</i> <i>Week 8: 20th Century</i> <i>Week 9: 21st century and 10 mark exam technique</i> <i>Week 10: 21st century and 10 mark exam technique</i> <i>Week 12: Revision 20th Century /21st practise questions</i> <i>Week 13: mini assessment</i></p>	<p><i>Week 14: Target time and Introduction to the back ground of the Olympics</i> <i>Week 15: 5 Olympic games</i> <i>Week 16: 5 Olympic case studies</i> <i>Week 17: Research into excellence in sport</i> <i>Week 18: review on excellence in sport and commercialisation in sport.</i> <i>Week 19: Commercialisation of sport in the 21st century.</i></p>	<p><i>Week 21: Commercialisation of sport in the 21st Century.</i> <i>Week 22: positives and negatives of hosting a major sporting event + EQ</i> <i>Week 23: positives and negatives of hosting a major sporting event + EQ</i> <i>Week 24: Deviance in sport (Gambling and PEDS)</i> <i>Week 26: deviance in sport (PED's)</i> <i>Week 27: Deviance – violence and 10 mark EQ</i> <i>Week 28: Mini assessment</i></p>	<p>Week 29: Target time Week 30: Modern technology in sport Week 31: modern technology in sport and exam questions. RAG review Week 32: Modern technology in sport and revision mop up. Week 26: Assessment</p>	<p><i>Week 33- Revision</i> <i>Week 34- Revision</i> <i>Week 35- Revision</i> <i>Week 36- Assessments</i> <i>Week 37- Assessments</i> <i>Week 38- Target time/Aspiration</i></p>

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Year 13	<i>Physiology and anatomy (TW)</i>	<p><i>Week 1- Newton’s Laws</i></p> <p><i>Week 2- Force</i></p> <p><i>Week 3- Linear motion</i></p> <p><i>Week 4- Fluid mechanics</i></p> <p><i>Week 5- Projectile motion</i></p> <p><i>Week 6- Injury and treatment</i></p> <p><i>Week 7- Assessment</i></p>	<p><i>Week 8- Target Time/Aspiration lesson</i></p> <p><i>Week 9-13 Revision of selected topics for speaking exam (TBC based on mock results)</i></p> <p><i>Week 10- Analysing movement through the use of technology</i></p> <p><i>Week 11- Revision</i></p> <p><i>Week 12- Revision</i></p> <p><i>Week 13- Revision</i></p>	<p><i>Week 15- Speaking assessment prep</i></p> <p><i>Week 16- speaking assessment prep</i></p> <p><i>Week 17- speaking assessment prep</i></p> <p><i>Week 18- speaking assessment mock</i></p> <p><i>Week 19- Target Time/Aspiration</i></p> <p><i>Week 20- speaking assessment prep</i></p> <p><i>Week 21- speaking assessment</i></p>	<p><i>Week 22: skeletal sysm, joints and planes of movement</i></p> <p><i>Week 23 – muscular system and movement analysis</i></p> <p><i>Week 24 – cardiovascular system</i></p> <p><i>Week 25 – respiratory system</i></p> <p><i>Week 26 – Energy systems</i></p>	<p><i>Week 27 – aerobic training</i></p> <p><i>Week 28 – flexibility training</i></p> <p><i>Week 29 – angular motion</i></p> <p><i>Week 30 – revision (based on mock results)</i></p>
	<p><i>Sports Psychology (RH)</i></p> <p><i>Physiology and anatomy</i></p>	<p><i>Week 1- Revision of challenging topics from end of year exams.</i></p> <p><i>Week 2 - Revision of challenging topics from end of year exams.</i></p> <p><i>Week 3- Angular motion</i></p> <p><i>Week 4- Angular motion</i></p> <p><i>Week 5- Angular motion</i></p> <p><i>Week 6- Angular motion</i></p> <p><i>Week 7- Angular motion / Assessment</i></p>	<p><i>Week 8- Target Time/Aspiration lesson</i></p> <p><i>Week 9- Theories of learning</i></p> <p><i>Week 10- Memory Models</i></p> <p><i>Week 11- Personality</i></p> <p><i>Week 12- Attitudes</i></p> <p><i>Week 13- Arousal</i></p> <p><i>Week 14- mini assessment and target time</i></p>	<p><i>Week 15- Speaking assessment prep</i></p> <p><i>Week 16- speaking assessment prep</i></p> <p><i>Week 17- speaking assessment prep</i></p> <p><i>Week 18- speaking assessment mock</i></p> <p><i>Week 19- Target Time/Aspiration</i></p> <p><i>Week 20- speaking assessment prep</i></p> <p><i>Week 21- speaking assessment</i></p>	<p><i>Week 22- Flexibility Training</i></p> <p><i>Week 23- Plyometrics training</i></p> <p><i>Week 24- anatomy and physiology (any topics that need covering/revisiting)</i></p> <p><i>Week 25- Anxiety</i></p> <p><i>Week 26- Aggression</i></p> <p><i>Week 27- Social Facilitation</i></p>	<p><i>Week 28- Group and Team Dynamics</i></p> <p><i>Week 29- Attribution</i></p> <p><i>Week 30- Confidence and self-efficacy</i></p> <p><i>Week 31- Revision</i></p> <p><i>Week 32- Revision</i></p>
	<i>Contemporary issues in sport (TW)</i>	<p><i>Week 1- Newton’s laws and force /Linear Motion</i></p> <p><i>Week 2- Linear Motion</i></p> <p><i>Week 3- Fluid Mechanics</i></p> <p><i>Week 4- Fluid Mechanics</i></p> <p><i>Week 5 – Projectile motion.</i></p> <p><i>Week 6- Injury treatment and rehabilitation</i></p> <p><i>Week 7- Assessment</i></p>	<p><i>Week 8- Target Time/Aspiration lesson</i></p> <p><i>Week 9 – Projectile Motion</i></p> <p><i>Week 10 – projectile motion</i></p> <p><i>Week 11 – revision of periodization for speaking exam.</i></p> <p><i>Week 12 – revision</i></p> <p><i>Week 13 – mini assessment</i></p> <p><i>Week 14 – Target time and</i></p> <p><i>Week 14 – Introduction to the Speaking exam</i></p>	<p><i>Week 15- Speaking assessment prep</i></p> <p><i>Week 16- speaking assessment prep</i></p> <p><i>Week 17- speaking assessment prep</i></p> <p><i>Week 18- speaking assessment mock</i></p> <p><i>Week 19- Target Time/Aspiration</i></p> <p><i>Week 20- speaking assessment prep</i></p> <p><i>Week 21- speaking assessment</i></p>	<p><i>Week 22 – revision preindustrial and post industrial</i></p> <p><i>Week 23 – 20th and 21st century</i></p> <p><i>Week 24 – deviance in sport</i></p> <p><i>Week 25 – hosting a major event and excellence in sport</i></p> <p><i>Week 26 – the Olympic games and modern technology</i></p>	<p><i>Week 27 – revision (TBC on mock outcomes)</i></p>